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Friday FACTS

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24 August 2001

"Leadership, Partnership, and Championship"

DoD Population Health & Health Promotion Conference List of Speaker Presentations

Presentations that were shared by speakers from the DoD Population Health & Health Promotion Conference are now posted on the NEHC Website ([www-nehc.med.navy.mil/what's new/workshop presentations](http://www-nehc.med.navy.mil/what's_new/workshop_presentations)). The website lists the presentations by Session or Course Number. If you do not have the Session or Course Number, a cross-reference list (listed alphabetically by speaker's last name, presentations title, and Course or Session Number). It is posted on the NEHC HP Homepage, under Conferences & Training.

The list only includes presentations from speakers who forwarded a copy of their presentations for posting on the Website. If you do not see a speaker's name listed that you were interested in obtaining a presentation from, please contact the speaker individually, using the contact information given in the back of the conference binder for all speakers. The speaker may or may not be willing to share their presentation.

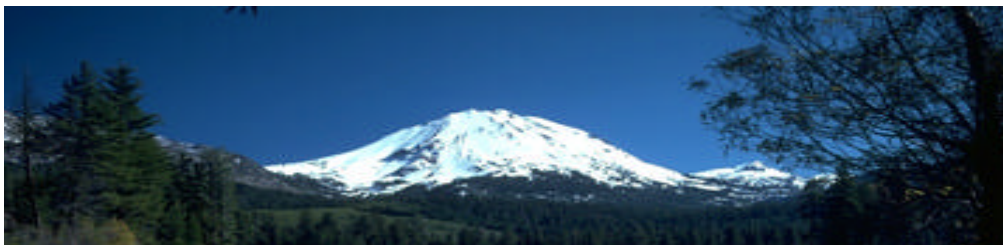
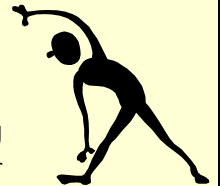


National Cholesterol Education Month

Know Your Cholesterol Numbers-Know Your Risk Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease. The National Cholesterol Education Program (NCEP) is pleased to present the 2001 National Cholesterol Education Month Kit. There are many exciting types of information in NCEP KIT 2001 for use by both the public and health professionals to increase awareness and better manage this condition. The materials in your Cholesterol Month 2001 Kit incorporates the NCEP's latest cholesterol guidelines for detection, evaluation, and treatment of high blood cholesterol in adults as well as 10 great ideas for promoting national cholesterol education month this September. For more info visit: http://hp2010.nhlbi.nih.net/emails/8_16chol.htm

Fitness fact or fiction: Poor advice can hamper fitness efforts

Everyone has heard of fad diets—eat nothing but grapefruit for a month and you'll lose 10 pounds. Unfortunately, the fitness world has plenty of fads of its own. Even the most fitness-savvy among us probably believe some fitness fiction. When the media reports misleading information, it can spread like wildfire before being disputed by fitness experts. Trouble is, once a rumor gets out, it's hard to recall. Following outdated or unproven fitness advice may keep you from getting the maximum benefit from your fitness routine. You may even do yourself more harm than good. Here's a look at some common misconceptions. For additional information visit: <http://www.mayoclinic.com/home?id=SM00029>



*"The characteristic of genuine heroism is its persistency.
All men have wandering impulses, fits and starts of generosity.
But when you have resolved to be great, abide by yourself, and do not try
to reconcile yourself with the world. The heroic
cannot be common, nor the common heroic."*

- Ralph Waldo Emerson